



Scald Prevention: Fact Sheet



Exposure Time to Receive a Severe Burn

Celsius Temperature	Fahrenheit Temperature	2nd Degree Burn No Irreversible Damage	3rd Degree Burn Full Thickness Injury
45°	113°	2 hours	3 hours
47°	116.6°	20 minutes	45 minutes
48°	118.4°	15 minutes	20 minutes
*49°	*120°	8 minutes	10 minutes
51°	124°	2 minutes	4.2 minutes
55°	131°	17 seconds	30 seconds
60°	140°	3 seconds	5 seconds

***Activation temperature = 120° max
(response time is less than 5 seconds)**

The above table shows that a person will receive a second degree burn in 3 seconds of exposure and a third degree burn in 5 seconds of exposure to water of 140°F. A maximum temperature of 120°F at the discharge outlet will ensure the most safety for users.

Scalds in the Kitchen

How to prevent injury from hot foods and beverages:

- Continuous and adequate supervision of children in the kitchen is of prime importance.
- As a child's mobility and curiosity increases, appropriate supervision becomes essential. Control a young child's activity while he/she is in the kitchen and when food is being prepared. High chairs, feeding tables, etc. can control children and allow supervision during daily kitchen activities.
- Keep children out of the "traffic path" and check for their location before moving any hot liquids in the kitchen.
- Keep all hot liquids at a safe distance from children.
- Take time to fix meals without rushing.
- Keep pot handles turned toward the back of the stove. Cook on rear burners when possible.
- Use a "fill-through-the-spout" teapot, the kind without a lid and with a whistle in the spout, to prevent "spilled water" scalds in the kitchen.
- Test all heated liquid/food before giving it to a child or placing it within his/her reach.
- Remove tablecloths when toddlers are present in the home. They tug and pull on everything within their reach. Hot liquids can easily be pulled down on them.
- Never hold a child while drinking a hot liquid.
- Purchase appliances with short cords, and keep all cords from dangling over the edge of counters, i.e., slow cookers, coffee pots, fat fryers, and anything that could contain hot liquids.
- Periodically check all handles on appliances and cooking utensils to insure the handles are tightly fastened and will afford proper heat protection.
- Consider marking a "NO ZONE" in front of the kitchen stove. Teach children to remain out of this zone. This can be done with colored tape on the floor.
- Children should not be allowed to use a cooking/heating appliance until they are mature enough to understand safe-use procedures and tall enough to safely reach cooking surfaces and handle hot items.
- Use caution when moving heavy pots of hot liquids from the stove.
- Avoid using area rugs in the kitchen, especially near the stove. They can cause falls and scalds.
- Be sure to inform baby-sitters about kitchen and appliance safety and teach them to prevent burn injuries when preparing meals.